



HOW CAN YOU CREATE A CHAIN REACTION OF KINDNESS?

Join A Wild Dove's Lynn Levoy and Five Pillars Yoga's Karen Mehiel on Friday, August 16th as they host an intimate panel discussion on kindness and the trickle-down effect of positive behavior.

The evening will feature a trio of important voices including The Ladies of Hope Ministries founder Topeka K. Sam and Bob Roth, author of New York Times bestseller *Strength in Stillness: The Power of Transcendental Meditation* alongside author, yogi and author of *One Simple Thing, A New Look at the Science of Yoga*, Eddie Stern.

Expect an open exchange focusing on the real-life strategies that experts are practicing to navigate obstacles—from daily frustrations to corrupt institutions—in an effort to treat universal relationships with more care. Moderated by wellness coach, mind shifter and energy mover Jamie Graber, the panel will invite guests to join the conversation for a final Q&A.

We hope to see you there to share in the
#TheKindnessReaction

RSVP for a reservation, as space is limited
for this special event.



Friday, August 16th
5:00-7:00

Watermill

RSVP
hello@awilddove.com

Location Details to Follow

A WILD DOVE

FIVE
PILLARS
YOGA